



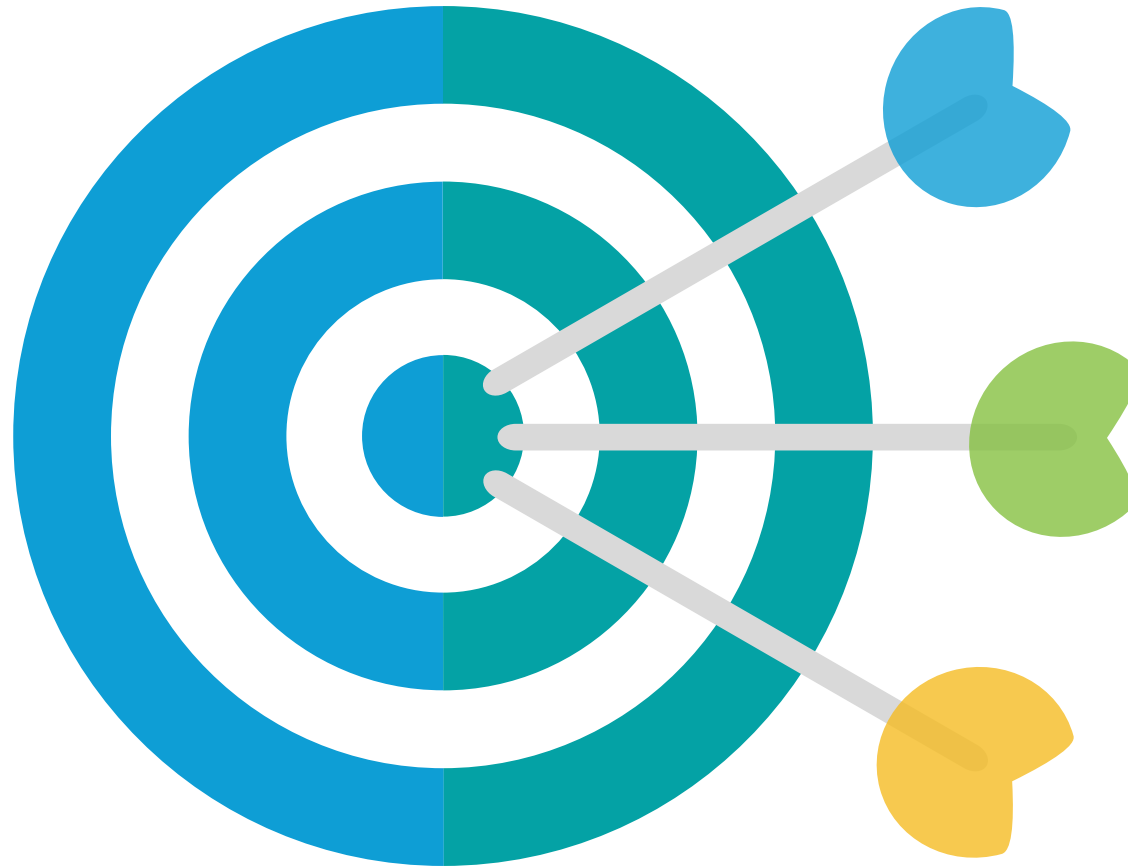
FARE[®]

Food Allergy Research
and Education

April 2025



Vision, Mission & Goals



VISION

A future free from food allergies.

MISSION

To improve the life and health of those with food allergies through **transformative** research, education, and advocacy.

GOALS

Accelerate the pace of innovations to prevent, diagnose, and treat food allergies.

Empower food allergic individuals to confidently manage their condition.

FARECheck



FARECheck Food Safety Training and Review Program

As the leading non-profit in food allergy research, education and advocacy, FARE developed the FARECheck program to create a safer environment for this growing community of diners and help food service establishments reduce the risks associated with accidental exposure to food allergens. On-demand and instructor-led training options are currently available for establishments of any size, with courses customized for select food service industries like restaurants, catering and higher education.

REGISTER ON-DEMAND



FARECheck Instructor Training (FIT)

FIT is designed for foodservice professionals working in educational settings from pre-K through college. FARE recently expanded this training to other food service locations, including soup kitchens and hospitals. Those who successfully complete FIT will become FARE-recognized instructors and eligible to deliver FARE-developed training to their foodservice staff. The next session is scheduled for November 12, 2024. Register at www.foodallergyacademy.org. Please reach out to farecheck@foodallergy.org for more information.

REGISTER NOW



FARECheck Trained

Awarded when an individual staff member has completed on-demand or instructor-led training provided by FARE or a third-party allergen training program reviewed and approved by FARE



FARECheck Silver

Awarded when a food establishment reports at least 90 percent of the workforce has been trained in food allergy safety



FARECheck Gold

Awarded when, in addition to achieving FARECheck Silver status, food establishments also undergo a food service policy review and an annual onsite audit with MenuTrinco

Resources

How to Read Food Labels if You Have Food Allergies

You must read the labels of all foods you eat to make sure they do not include foods or ingredients you are allergic to. This sheet will help you read and understand food labels.



What major food allergens MUST be listed on the food label?



In the U.S. there are 9 major food allergens that must be listed. These include:

- Crustacean Shellfish (includes shrimp, crab, or lobster but not scallops, clams, mussels, or oysters)
- Eggs
- Finned fish (such as tuna or salmon)
- Milk
- Peanuts
- Tree nuts (such as almond, cashew, or walnut)
- Sesame
- Soy
- Wheat

What foods MUST have major food allergens listed on the label?

All **packaged** foods sold in the U.S. are required by law to list the major food allergen ingredient if they:

- Have an ingredient that is a major food allergen
- Include a major food allergen as part of another listed ingredient in the food, such as spice mix or flavoring

INGREDIENTS: Enriched unbleached flour (wheat flour, malted barley flour, ascorbic acid [dough conditioner], niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, natural flavor.
CONTAINS: Wheat.

What foods DON'T need to list major food allergens on the label?

- Fresh foods, such as meats, poultry, fruit, and vegetables
- Restaurant foods wrapped in a carryout package for a customer (this includes bakeries and delis)
- Highly refined oils (even if they come from a major allergen, like peanut oil or soybean oil)



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FPP_ReadLabels

Cómo leer las etiquetas de los alimentos si tiene alergias a los alimentos

Debe leer las etiquetas de todos los alimentos que consuma para asegurarse de que no incluyan alimentos o ingredientes a los que sea alérgico. Esta hoja lo ayudará a leer y comprender las etiquetas de los alimentos.



¿Cuáles son los principales alérgenos alimentarios que DEBEN figurar en la etiqueta de los alimentos?



En los EE. UU. hay 9 alérgenos alimentarios principales que deben figurar en la etiqueta. Estos incluyen:

- Mariscos crustáceos (esto incluye camarones, cangrejos o langostas pero no vieiras, almejas, mejillones u ostras)
- Huevos
- Pescado con aletas (como el atún o el salmón)
- Leche
- Maní
- Nueces de árbol (como almendras, anacardos o nueces)
- Sésamo
- Soja
- Trigo

¿Qué alimentos DEBEN enumerar los principales alérgenos alimentarios en la etiqueta?

La ley requiere que todos los alimentos **envasados** que se venden en EE. UU. enumeren el ingrediente alérgeno alimentario principal si:

- Tienen un ingrediente que es un alérgeno alimentario principal
- Incluyen un alérgeno alimentario principal como parte de otro ingrediente enumerado en el alimento, como una mezcla de especias o un condimento.

INGREDIENTES: Harina enriquecida sin blanquear (harina de trigo, harina de cebada malteada, ácido ascórbico [acondicionador de la masa], niacina, hierro reducido, mononitrato de tiamina, riboflavina, ácido fólico), azúcar, sabor natural.
CONTIENE: Trigo.

¿Qué alimentos NO necesitan enumerar los principales alérgenos alimentarios en la etiqueta?

- Alimentos frescos, tales como carnes, aves de corral, frutas y verduras
- Alimentos de restaurante envueltos en un paquete de comida para llevar a un cliente (esto incluye panaderías y rotiserías)
- Aceites muy refinados (incluso si provienen de un alérgeno principal, como el aceite de maní o de soja)



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FPP_Leeretiquetas

Avoiding cross contact: <https://www.foodallergy.org/resources/avoiding-cross-contact>

Reading food labels: <https://www.foodallergy.org/resources/how-read-food-label>

Restaurant info: <https://www.foodallergy.org/resources/restaurants>

FARE Check: <https://www.foodallergy.org/our-initiatives/education-programs-training/farecheck>

Save A Life program: <https://www.foodallergy.org/our-initiatives/education-programs-training/fare-training>

Free downloadable posters: <https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/free-downloadable-resources>

Resources

What can you do to prevent cross-contact?

To prevent cross-contact:

- ✓ Always read food labels to ensure the allergen is not present in the food before you start.
- ✓ Wash utensils, cutting boards, and cooking pans with soap and water before and after you use them.
- ✓ Use separate utensils and dishes for allergy-safe foods. You can use a different color for safe kitchen tools.
- ✓ Cook allergy-safe foods first if you need to cook several foods.
- ✓ Keep allergy-safe foods covered and away from other foods.
- ✓ If you make a mistake, you cannot remove an allergen from a meal. Even a trace amount of cross-contact makes a food unsafe. You must start again.
- ✓ If you touch an allergen, wash your hands with soap and water before you touch anything else. Hand sanitizer or water by itself will not remove allergens.
- ✓ Clean counters and tables with soap and water or disinfectant cleaner and single-use (or disposable) towel. Wash all utensils, pots, and pans in dishwasher or use hot water and soap. Let them air dry.
- ✓ Do not share food, drinks, or utensils. Teach children not to share these when they are at school or with friends.

What are the most common food allergens in the U.S.?

In the U.S. there are 9 major food allergens that cause about 90% of reactions, but a person could be allergic to any food. The top allergens include:

- Crustacean Shellfish (This includes shrimp, crab, or lobster but not scallops, clams, mussels, or oysters)
- Egg
- Finned fish (such as tuna or salmon)
- Milk
- Peanuts
- Tree nuts (such as almond, cashew, or walnut)
- Sesame
- Soy
- Wheat



To learn more about keeping safe with food allergies, go to: <https://www.foodallergy.org/living-food-allergies>



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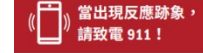
CHE_AvoidCrossContact



Food allergies are serious. AN ALLERGIC REACTION TO FOOD CAN CAUSE DEATH. When you are serving a person with a food allergy:



食物過敏很嚴重。食物過敏反應，可能致命。當您為食物過敏人士準備餐點時：



Recognize and Respond to Anaphylaxis

For a suspected or active food allergy reaction

FOR ANY OF THE FOLLOWING SEVERE SYMPTOMS

- LUNG:** Short of breath, wheezing, repetitive cough
- HEART:** Pale or bluish skin, faintness, weak pulse, dizziness
- THROAT:** Tight or hoarse throat, trouble breathing or swallowing
- MOUTH:** Significant swelling of the tongue or lips
- SKIN:** Many hives over body, widespread redness
- GUT:** Repetitive vomiting, severe diarrhea
- OTHER:** Feeling something bad is about to happen, anxiety, confusion

OR MORE THAN ONE MILD SYMPTOM

- NOSE:** Itchy or runny nose, sneezing
- MOUTH:** Itchy mouth
- SKIN:** A few hives, mild itch
- GUT:** Mild nausea or discomfort

- ADMINISTER EPINEPHRINE IMMEDIATELY**
- Call 911**
Request ambulance with epinephrine.

Consider Additional Meds

- (After epinephrine):
- Antihistamine
 - Inhaler (bronchodilator) if asthma

Positioning

Lay the person flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.

Next Steps

- If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- Transport to and remain in ER for at least 4 hours because symptoms may return.

Do not depend on antihistamines. When in doubt, give epinephrine and call 911.



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PACT Alliance

Promoting Allergy Consumer Trust

April 2025

FARE PACT Alliance

Industries creating innovative, trusted solutions for food allergy consumers

FARE is establishing an alliance that brings together the food allergy community and industries focused on Consumer Packaged Goods (CPG), retail, restaurants, travel, hospitality, and manufacturing.

The FARE PACT Alliance supports people with food allergies by ensuring safe foods, proper food allergen labeling and marketing, and thoughtfully designed experiences that consider the needs of food allergy consumers, including members of under-resourced populations.

Interested in learning more?



Serving food allergy consumers is smart business

A Powerful Market Opportunity:

More than 85 million Americans live with a food allergy, intolerance, or in a household affected by one. This community represents a \$19 billion market segment—loyal, premium-focused, and underserved.

Food Allergy Consumer Profile:

- ✓ Safety comes first:
- ✓ Dedicated, savvy shoppers
- ✓ Premium buyers
- ✓ Loyal, yet always looking
- ✓ Trust is paramount



Our shared mission: make the world safer for food allergy consumers while driving industry

- **Improve Lives through Collaboration:** Convene all relevant stakeholders to identify needs and opportunities, so that industries can develop safer products and services for the food allergy community.
- **Share Consumer Insights to Drive Action:** Engage companies and investors with powerful data and stories about the food allergy consumer. The Alliance shines a light on the burden of the disease and the unique spending habits and brand loyalty of this 85+ million strong segment.
- **Shape Best Practices Across Industries:** Provide a forum for businesses to exchange ideas and develop best practices on issues spanning the “food allergy economy” – from supply chain controls and manufacturing processes, to front-of-house operations and staff training, to marketing, product design, compliance, and labeling.



Ready to Join?

Ready to join?

Please contact Craig Fontenot, Chief of Staff
cfontenot@foodallergy.org | 202.459.8054





Thank You!